



BO-DAN, DEPUTY BLACK BELT



STUDENT'S NAME _____

GENERAL REQUIREMENTS

1. Must be a member in good standing of the EHA.
2. Minimum of 35 classes prior to testing.
3. Assistant teaching responsibilities with the ability to conduct formal classes under the supervision of the ranking black belt.

GENERAL KNOWLEDGE

1. Reasonable knowledge and ability in all lower rank requirements.
2. Name and locations of the Korean and International parent bodies.

JOK SUL (May be executed to striking pad)

1. Dropping Roundhouse Kick.
2. Forward roll and kick.
4. Jump Dolyo Chagi.
 1. Jump Dui chagi.
 2. Jump **or** Full turn spinning kick.

HYUNG

1. Koong Joong

HO SHIN SUL

Dando Makki

1. Straight thrusting stab – avoid to outside in horse stance, left hand hits upwards under upper arm, right hand strikes down at wrist.
2. Straight thrusting stab – avoid as above, over block with left hand, punch muscle With right.
3. Straight thrusting stab – avoid and block as above, back hand to face.
4. Straight thrusting stab – avoid to left in horse stance, left rising block, slide into left back hand to ribs.
5. Straight thrusting stab – avoid and side x-block, right hand catches wrist and left hand hits under arm, apply basic elbow lock and change to reinforced wrist lock stepping behind his leg.
6. Straight thrusting stab – avoid and side x-block left hand on top, slide feet together and apply basic wrist lock stepping behind his leg.
7. Straight thrusting stab – trap elbow under armpit on inside and reverse wrist lock.
8. Straight thrusting stab – circle to outside and basic wrist lock.
9. Inside block, spinning kick.
10. Straight thrusting stab – basic elbow lock.
11. Upward thrust to stomach – x-block left hand on top, basic wrist lock.
12. Upward thrust to stomach – reverse wrist lock, kick with left leg and left knee down on elbow.
13. Upward thrust to stomach – self stab

14. Straight stab – palm block and trap arm on inside, cut in at bicep and sweep.
15. Straight stab – left hand block and lock arm on shoulder.
16. Overhead stab – avoid to outside and roundhouse kick.
17. Overhead stab – avoid to outside, left slapping block and right ridge hand.
18. Overhead stab – reinforced wrist lock.
19. Overhead stab – advance left foot, block with left arm and x-arm lock.
20. Overhead stab – elbow under armpit.
21. Overhead stab and outward slash – avoid back on left leg (no block), move to side, left hand under elbow as right hand jams outside of elbow, slide in and elbow strike to ribs and move away.
22. As above – avoid back on left leg, half circle step in and inner block, half circle turn and back elbow to head, circle out to face him.
23. Inward slash and outward stab – rear choke.
24. Inward slash and outward stab – pull pressure point at collar bone and kick leg.
25. Inward slash and outward stab – elbow under armpit
26. Inward slash and outward stab – low spinning kick.

KYOK PAH

1. Jumping front kick with front leg
2. Jumping front kick with rear leg.



General Knowledge	Jok Sul	Hyung	Dando Makki	Kyok Pa
/10	/10	/10	/10	/10